



BC Baseball Umpires Association

Heat Policy

(1.0) Introduction

The BCBUA believes in fostering a safe, welcoming, and inclusive environment for participants. When making decisions related to heat, the health and safety of participants shall be of the upmost concern. This document will detail the BCBUA's recommendations for responding to extreme heat.

Further information on heat safety can be found at: <https://www.canada.ca/en/health-canada/services/sun-safety/extreme-heat-heat-waves.html>.

(2.0) Application

BCBUA members work in a variety of leagues and organizations who may or may not have a Heat Policy.

This policy shall apply as a minimum standard for BCBUA umpires during all events. If BCBUA members are working an event that has a more restrictive Heat Policy, the more restrictive policy shall apply.

Umpires have a shared role to ensure the health and safety of participants in baseball activities, and the primary role to ensure their own health and safety.

(3.0) Individual Strategies for Reducing Risk of Heat Illness

To reduce the risk of heat illness, the following strategies are recommended to umpires:

- Stay hydrated
- Use sunscreen
- Wear loose fitting, light colored, breathable clothing
- Take frequent breaks
- Avoid direct sunlight, when possible
- Wearing sunglasses that have UVA and UVB protection



BC Baseball Umpires Association

(4.0) Monitoring Umpires

It is important to continually monitor umpires for symptoms of heat illness. Typical symptoms of heat illness include, but are not limited to:

- Flushed face
- Shortness of breath
- Dizziness
- Nausea
- Headache
- Extreme thirst
- Confusion or agitation

(5.0) Recommended Adaptations to Activities

(5.1) Temperature Under 29C

At this temperature range, adaptations to activities are typically not required. Participants should consider the individual strategies listed in section 3.0.

(5.2) Temperature from 30C to 35C

At this temperature range the following adaptations are recommended:

- Consider reducing the length of time spent outside; arrive just before game time
- Consider playing with a time limit
- If dugout areas are not shaded, consider creating shade for umpires between innings with tents and tarps



BC Baseball Umpires Association

(5.3) Temperature from 35C to 39C

At this temperature range, the following adaptations are recommended, in addition to those found in section 5.2:

- Consider rescheduling activities for early morning or late evening when the temperature may be lower
- Consider playing under lights in the late evening when there is no direct sunlight
- Consider playing a single game instead of a doubleheader
- Consider scheduling umpires for only one game. In the case of a doubleheader with four umpires not available, consider having umpires work one game solo.

(5.4) Temperature 40C Plus

At this temperature range, strong consideration should be given for cancelling activities.

(6.0) Decision Making Process

Given that temperatures can vary throughout the province, the responsibility for enacting the recommended adaptations described in section 4 of this document, is typically the responsibility of local sports organizations and individual teams.

At BCBUA camps and non-game related activities, the BCBUA appointed lead organizer will have primary responsibility for making decisions and recommendations related to heat.

When heat is forecasted per Section 5.2-4 of this document, the BCBUA may consider suspending outdoor BCBUA activity for a specific region of the province. The BCBUA will collaborate with member leagues and organizations to adopt the adaptations of this policy where required.

In a game situation, umpires should use this policy and their own personal situation to determine whether the game should proceed and whether they are personally able to participate. When teams or leagues are unwilling to adopt the recommendations and adaptations contained in this policy, umpires should consider whether they are safely able to participate based on their individual circumstances. No BCBUA member should ever umpire a game when they feel the heat is unsafe for themselves or others.